

i COVID-19 VACCINE HELPFUL INFORMATION

for patients receiving the Moderna Vaccine.



SEE BACK OF DOCUMENT FOR IMPORTANT
INFORMATION ON SIDE EFFECTS



2ND DOSE APPOINTMENTS

1. The 2nd dose* of your vaccine should be administered about 28 days following your 1st dose.
2. When we receive our allocation of the 2nd dose, **we will contact you via email** with instructions on how to schedule your next appointment.
3. Please continue to **monitor the email account** that you used to sign up for your first appointment.

*You must get your first and second doses **at the same location**. The state is tracking the vaccines and shipping second doses to the locations where people received their first dose.

Please wait at least 14 days after your second dose of the COVID-19 vaccine to receive any other vaccine.



VACCINATION CARD

The vaccination card is yours to keep. It is an important record of your vaccination and includes information for future reference.

- Vaccine manufacturer
- Date & location of vaccine administration



Please safeguard your vaccination card and bring to your 2nd dose appointment. If you lose your card, you should still come for your second shot. The Wellness Center team can access your first dose details and provide assistance on getting a new card.

CONTINUE SAFE PRACTICES

No vaccine is 100% effective and you are not considered fully vaccinated until 14 days after the second dose of the vaccine. Continue to wear a mask, socially distance, and practice good hand hygiene even after your second dose. We are still learning about how long immunity will last after vaccination. Information is also being gathered about whether a person who is vaccinated and later exposed to the virus could infect someone else even if they are not showing signs of illness.



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VACCINE SIDE EFFECTS

You can expect that you may experience mild side effects after any dose of the vaccine. The onset of side effects is typically in the first 1 – 48 hours and can potentially last between 24 – 72 hours. This is the immune system responding as it should and should not impact your ability to work or go about your normal activities.

COMMON SIDE EFFECTS FROM VACCINE

Sore arm
Joint pain
Swelling

If these side effects/symptoms of illness last longer than 72 hours, contact your doctor.

SHARED (VACCINE OR COVID-19)

Fatigue
Fever
Muscle Aches
Headache

COMMON SIGNS OF COVID-19

Cough
Shortness of Breath
Runny / Stuffy Nose
Sore Throat
New Loss of Taste or Smell

These are possible COVID-19 symptoms; isolate and contact your doctor.



WHAT YOU CAN DO:

- ✓ Move your arm to work out the soreness.
- ✓ Apply a cold cloth or ice pack as needed.

- ✓ Take acetaminophen or ibuprofen as needed for fever or aches.
- ✓ Stay well hydrated and get plenty of rest.

WHEN TO CALL THE DOCTOR

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot **increases after 24 hours.**
- If your side effects are worrying you or do not seem to be going away **after a few days.**

Although rare, if you have a **severe allergic reaction (also known as anaphylaxis)** after leaving the vaccination site, seek immediate medical care by calling 911.

REPORT SIDE EFFECTS



Sign up for **V-safe**, a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines.

(See V-safe handout for more information)

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